OTTAWA metro®

NEWS WORTH SHARING.

BIEBER FREE

LIVE 88.5fm



GOLDEN GLOBES

HIGHLIGHTS FROM THE RED CARPET AND THE SHOW'S WINNINGEST MOMENTS, LIKE JENNIFER LAWRENCE WHO TOOK THE FIRST AWARD OF THE NIGHT PAGE 13

Poor taste for fat tips scales

Obesity on the rise globally as low-income groups give up traditional fare for fast food PAGE 6

'Creepy' app IDs you from a snap

'Dangerous' facial recognition app denounced by Canadian privacy watchdogs PAGE 9

Can rookie power win gold?

Figure skating. Chan, Virtue, Moir lead young Sochi team that includes 14 first-timers



Figure skaters Kevin Reynolds of Coquitlam, B.C., bottom row, left to right, Patrick Chan of Toronto, and Gabrielle Daleman of Newmarket, Ont., are joined by teammates during the announcement of the Canadian Olympic Team in Ottawa on Sunday. The skaters will all represent Canada in Sochi. SEAN KILPATRICK/THE CANADIAN PRESS

Loaded with rookies, but brimming with promise — Canada's young figure skating team for the Sochi Olympics might turn out to be its best ever.

Three-time world champion Patrick Chan and Olympic ice dance gold medallists Tessa Virtue and Scott Moir headline a 17-member Canadian figure skating team for Sochi that has 14 first-timers.

The team has set a goal for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever result of three in 1988 in Calgary.

But Canada's figure skating team — the largest among all countries at the Games — has other podium threats in Meaghan Duhamel and Eric Radford, bronze medallists at the 2013 world championships, and ice dancers Kaitlyn Weaver and Andrew Poje, fifth at last year's worlds.

"Do we have the potential to possibly get more? Yes," said Skate Canada's high performance director Mike S lipchuk. "But we don't want to set a number that is possibly unattainable but also puts undue pressure on skaters that don't need to feel that burden."

The No. 1-ranked Canadians are virtually a lock for a medal in the team event, which has a male, female, pairs team, and ice dance team from each country skate a short and long program.

For Chan, and Virtue and Moir, the team event that begins two days before the opening ceremonies, is the perfect chance to deal with some of the pressure they'll be shouldering as gold medal favourites.

Virtue and Moir, who will have six days between the end of the team event and the beginning of their individual event, said there was never any question whether they would skate for a team medal, even if it means skating four times.

"Another shot on Olympic ice in front of that crowd and to get a shot at an Olympic gold medal, you've got to take it," Moir said. "We're good for that. We can do four performances."

The team was unveiled in a ceremony in Ottawa Sunday following the Canadian championships that saw a couple of surprises. Fifteen-year-old Gabrielle Daleman of Newmarket, Ont., won silver in women's singles and was named to the team, while Liam Firus, a 21-year-old from North Vancouver, B.C., snuck in to grab the third spot in men's singles.

THE CANADIAN PRESS

porter
flying refined

Your time ends tomorrow, to save up to 50% off base fares with Porter.

You've got less time than you think, but bigger savings than you can imagine. Porter's big sale will take you to any of our 19 destinations, in style. And, you'll fly with savings, up to 50% off our base fares.



Flights from Ottawa. Book by January 14, 2014. Travel by June 15, 2014. Up to 21-day advance purchase may be required.
One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.*
Fares starting from:

HALIFAX 3 x daily	MONCTON Daily	ST. JOHN'S 2 x daily	TORONTO 16 x daily	QUÉBEC CITY	SAULT STE. MARIE	SUDBURY	THUNDER BAY	TIMMINS
$152	$146	$183	$99	$202	$175	$154	$175	$175

WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH Service begins Feb. 13	NEW YORK	VERMONT	WASHINGTON Dulles
$152	$203	$203	$269	$203	$196	$205

Book online or contact your travel agent.

flyporter.com

porter Escapes

Vacation packages from Ottawa. Vacation travel dates vary by package. Limited availability. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full listings and availability, please visit our website.**

★★★★ **TORONTO**
$405
Hyatt Regency
Standard Room
Dept. January 23, 24, 25, 26
Nights: 2

★★★★ **CHICAGO**
$887
W Lakeshore
Wonderful Room
Dept. March 13, 14
Nights: 2
Fly to and from Chicago, Midway.

★★★★ **WASHINGTON**
$706
Liaison Capitol Hill
Deluxe Room
Dept. February 27, 28, March 1
Nights: 2
Fly to and from Washington Dulles.

★★★★ **HALIFAX**
$528
Cambridge Suites Hotel Halifax
Studio
Dept. March 4, 11
Nights: 2
Includes Continental Breakfast daily.

Book packages online, contact your travel agent or call Porter Escapes 1-855-372-1100. TTY – Dial "711". porterescapes.com

* Book by 11:59 pm Eastern Time January 14, 2014. Travel by June 15, 2014. Up to 21-day advance purchase may be required. Advertised fares may not be available February 14 - 17, 2014; April 18 - 21, 2014 and May 16 - 19, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $25 first-checked bag and $35 second-checked bag fee to and from the U.S., a $20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Dwyer Hill Road

Gunman arrested in rural west end

Ottawa police said they arrested a man with a firearm in the 6000 Block of Dwyer Hill Road.

The police closed the road to traffic as they investigated and said there were no injuries in the incident. A staff sergeant at the West District watch desk refused to give any details about what precisely transpired or how the man came to the attention of the Ottawa police, beyond saying that "someone called it in."

METRO

Investigation

Man in critical condition after being stabbed

Police are investigating a stabbing on Rideau Street that left a 21-year-old Ottawa man with multiple wounds Friday night.

Paramedics responded to the corner of Rideau Street and MacKenzie Avenue around 10:15 p.m. and, "aggressively treated," the man for multiple stab wounds.

Paramedics said he was in critical condition and that he later underwent surgery at the trauma centre at the Ottawa Hospital.

Ottawa Police told Metro Sunday that they have no suspects in custody and that the investigation is ongoing.

Sussex Drive and MacKenzie Avenue were shut down for several hours Friday night, as police probed the scene into the early morning Saturday.

TREVOR GREENWAY/METRO



At left, a Nepean player is seen in this file photo wearing the old Redskins uniform based on the NFL Washington Redskins team colours. At right, Brad Smith of the Philadelphia Eagles is seen wearing his team's colours during their NFC Wild Card Playoff game at Lincoln Financial Field on Jan. 4 in Philadelphia. MIKE CARROCCETTO/FOR METRO, RIGHT: GETTY IMAGES

Redskins set to be the Nepean Eagles

New name. Hip hop artist who slammed team for 'racist' name says he's excited about team's 'new chapter'

An Ottawa-based minor football team at the centre of controversy over it's racially-charged name has officially picked a new one.

The Nepean Redskins will become the Nepean Eagles as they enter their 36th year as a football club, the team announced on its website.

"The transition from the Redskins name and colours will take a few years yet, however, there will be significant obvious changes this year; jerseys, helmets, scoreboard, etc," team president Steve Dean said in a note on the newly rebranded website. "The Club will once again run house league Flag, competitive Girls Touch, Cheer and fall Tackle programs. Registration will open on February 1st for all programs."

A promotional video, produced by house Edge Media on the team's website goes over the history of the team, noting it was first called the Barrhaven Buccaneers when it was formed in 1978, before being renamed in 1981.

As music swells over slow motion footage of kids playing football, an announcer intones: "As a community owned and operated club its players, coaches, parents and volunteers provide excellent cheer and football programs from tackle to touch and to flag. It is these core elements of the club that bring everyone together that truly matter, not the name that resides on the side of the helmet."

No mention is made in the video of the two-year-long campaign waged by Ojibway hip hop musician Ian Campeau to get the club to change its name, nor his eventual filing of a human rights complaint against the team in September.

Campeau complained that the Redskins team name was racist and insult to Aboriginal people — a charge also leveled at the NFL club of the same name and colours. The new name is aligned with the name and colouring of the NFL's Philadelphia Eagles, but Dean noted in his statement on the website the club's "Mite" team for five- to seven-year-olds will wear the new Ottawa Redblacks colours.

Campeau said in an interview over social media that he was happy about the name change.

"I'm ecstatic and look forward to many championships being won under "The Eagles" moniker!" said Campeau, who said he hadn't had any communication from the team. "I'm excited for the team to start its new chapter."

SEAN MCKIBBON/METRO



Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. * The example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. ® / TM Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © 2014 Royal Bank of Canada. All rights reserved.



Bay Ward resident Bob Phillips rants to Coun. Mark Taylor about inequalities between anglophones and francophones. Taylor spent Sunday morning canvassing about 800 homes in the Bay Ward as he seeks re-election in the upcoming October election. TREVOR GREENWAY/METRO

Will the early bird catch the ward? Coun. Taylor hopes so

Bay Ward. Metro tags along as councillor gets an earful along the campaign trail



TREVOR GREENWAY
trevor.greenway@metronews.ca

It didn't take Ottawa councillor Mark Taylor long to get back on the campaign trail.

Not even two weeks after registration for the city's upcoming municipal election opened, Taylor was pounding the pavement, meeting with prospective voters in the Bay Ward — chatting about transit, snow removal and redevelopment.

"The best kind of consultation is at people's doorsteps," said Taylor, leading a team of a dozen volunteers as they canvassed along Kelly Street Sunday morning. "It's when people are at their most unfiltered."

Resident Bob Phillips was pretty unfiltered when telling Taylor that he feels Francophones are being better served than Anglophones. When asked about priorities, Phillips said he wants council to cut back on taxes and save money.

"You can't just keep on going: spend, spend, spend," he said.

Dawn and Mark Schmidt have been in the ward since 2006 and worry about how development will impact the neighbourhood. With the Bay Ward going through rigorous redevelopment — like the Bayshore shopping mall renovations and the Carling Avenue Community Improvement Plan, which aims to make Carling Avenue a "destination" spot — the couple fears some neighbourhood character could be sacrificed.

"We are in a neighbourhood where there have been a lot of house sales, where the development is starting and they are replacing single-family homes with doubles," said Dawn Schmidt while shovelling ice off her driveway. "I guess I am concerned about seeing all the property disappear for big homes."

Taylor is seeking his second term as councillor and says his goal is to rejuvenate the entire ward with parks and infrastructure and boost the business community — especially along Carling Avenue near Pinecrest Road, an area he calls a "no man's land."

"That's a perfect stretch of road to benefit from some economic redevelopment," said Taylor.

Taylor said if he wins in the Oct. 27 election, it will be his last four years as councillor.

Two dead in Pontiac, Que., house fire

A man and woman are dead after a house fire gutted a bungalow in Pontiac, Que.

MRC des Collines police say they were called to a blaze at 3122 Wilson Rd. around 10 p.m. last night.

"When the officer arrived, the owners, a man and a woman, were coming out and the first thing they asked the officer is where is the tenant," said MRC des Collines spokesman Martin Fournel.

Fournel said the officer arrived on the scene about two minutes after the initial call was made by the owners of the home. He said the fire department arrived a few minutes later and went into the smoke-filled home to rescue a woman who was a tenant in a basement apartment. He said emergency-services personnel attempted CPR and took the woman to hospital in Shawville, where she was pronounced dead.

It wasn't until 3:30 a.m. Sunday that firefighters were able to retrieve the body of a man from the basement, he said.

Fournel said the man was found in a different part of the basement than the woman. He said police haven't been able to contact next of kin yet and would only say the woman who died was believed to be in her 50s. Police were unsure of the relationship between the man and woman who died.

He said an autopsy must be carried out first before police can confirm the cause of death.

He said the cause of the fire is under investigation.

Damage from the blaze is estimated at $384,000, Fournel said. SEAN MCKIBBON/METRO



MRC des Collines police released this photo of a burned bungalow at 3122 Wilson Rd. in Pontiac, Que., where two people died Saturday night. HANDOUT

On the ballot

Here is a list of who has registered for the election thus far:

- Mayor: Mike Maguire
- Ward 1, Orleans: No registrants yet
- Ward 2, Innes: Roland Stieda
- Ward 3, Barrhaven: Ian Bursey; Syed Asghar Hussain
- Ward 4, Kanata North: No registrants yet
- Ward 5, West Carleton-March: No registrants yet
- Ward 6, Stittsville: No registrants yet
- Ward 7, Bay: Mark Taylor
- Ward 8, College: No registrants yet
- Ward 9, Knoxdale-Merivale: No registrants yet
- Ward 10, Gloucester-Southgate: No registrants yet
- Ward 11, Beacon Hill-Cyrville: Tim Tierney
- Ward 12, Rideau-Vanier: Mathieu Fleury
- Ward 13, Rideau-Rockliffe: No registrants yet
- Ward 14, Somerset: Martin Canning; Thomas McVeigh; Denis Schryburt; Lili V. Weemen
- Ward 15, Kitchissippi: Jeff Leiper
- Ward 16, River: No registrants yet
- Ward 17, Capital: No registrants yet
- Ward 18, Alta Vista: No registrants yet
- Ward 19, Cumberland: Stephen Blais
- Ward 20, Osgoode: Justin Campbell; Bruce Faulkner; Kim Sheldrick
- Ward 21, Rideau-Goulbourn: Scott Moffatt
- Ward 22, Gloucester-South Nepean: Michael Falardeau; Scott Hodge; Jason Kelly; Michael Qaqish
- Ward 23, Kanata South: Allan Hubley

There is no next time. It's...

NOW *OR NEVER*

SAVE

70–80%* OFF

WOMEN'S AND MEN'S FALL/WINTER CLOTHING

PLUS

UP TO 70%* OFF

FALL/WINTER ACCESSORIES AND FOOTWEAR

HOLT RENFREW

VISIT HOLTRENFREW.COM FOR SALE DETAILS & STORE HOURS.

* At all Holt Renfrew stores except hr2. Some restrictions apply. See an associate for details. While quantities last. Styles, sizes and quantities are limited and vary by store. Cannot be combined with any other promotion. No price adjustments on previous purchases.

The meek shall inherit the girth — world's poor becoming fat

Tipping the scales. Obesity no longer a first-world problem as more and more countries battle the bulge



ELISABETH BRAW
Metro World News in London



Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

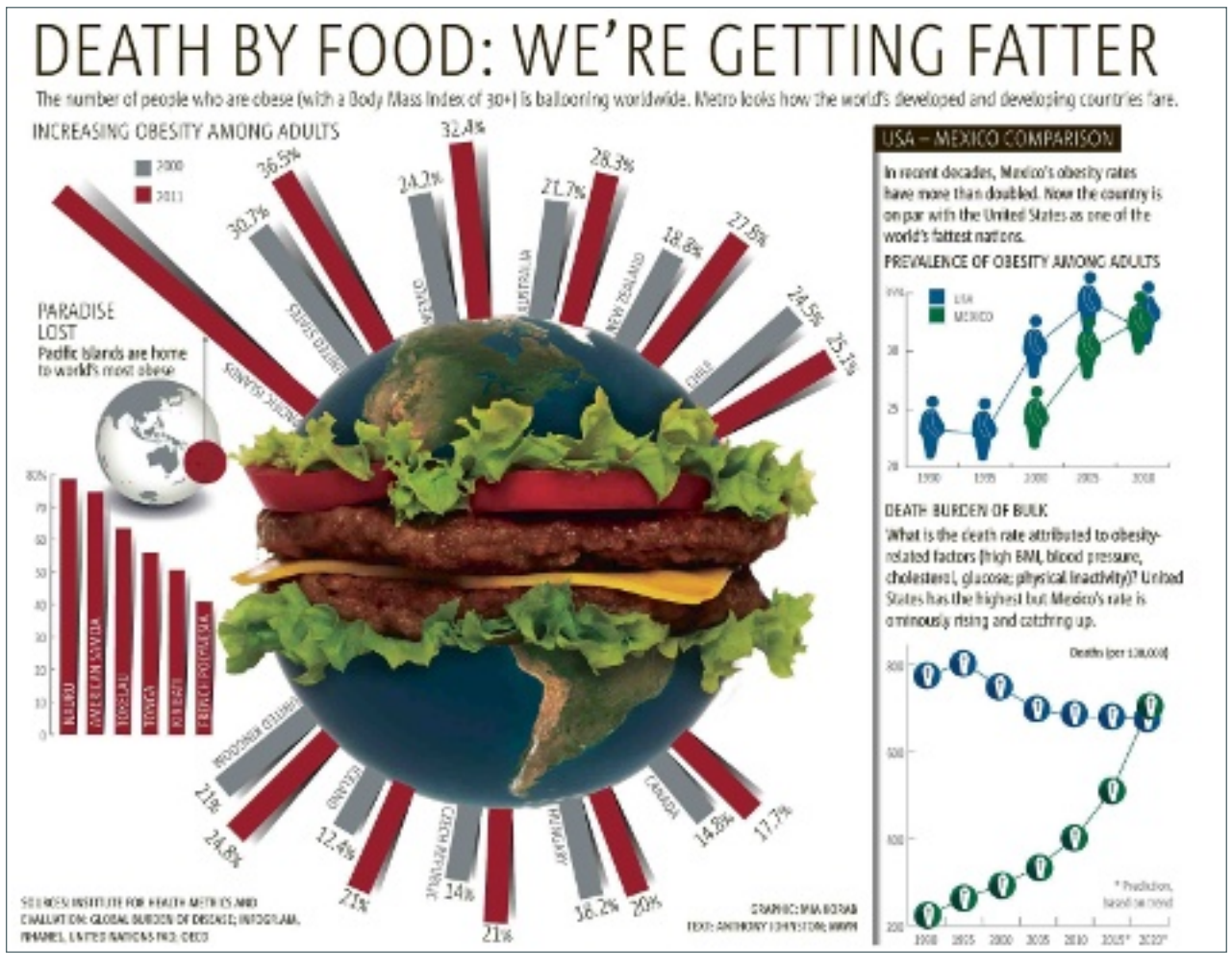
"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor



Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.



2 Campbell Soup Goldfish Puffs



A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.



4 General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.



5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.



kia.ca ›

15TH ANNIVERSARY SALE

THROWBACK PRICING≠

PAYMENTS LIKE THEY WERE 15 YEARS AGO

"BEST NEW SUV"

AJAC www.ajac.ca Automobile Journalists Association of Canada

($35,000 – $60,000)

AWD AVAILABLE ALL-WHEEL DRIVE



Sorento EX shown△

THE NEW 2014 SORENTO

hwy / city 100km^ 7.1L/10.4L

WAS ~~$159~~

THROWBACK PRICING

$124≠ BI-WEEKLY for the first **15 MONTHS.**

6-SPEED AUTOMATIC

0%≠ financing

Includes Variable Throwback Pricing Incentive. $124 bi-weekly payments include $1,120 Throwback Pricing incentive. Payments are based on 2014 Sorento 2.4 LX AT FWD (SR75BE). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to $159. Principal balance of $8,255 due after 60 months. Throwback Pricing incentive may be taken as a lump sum or to reduce financed amount.≠

AWD AVAILABLE ALL-WHEEL DRIVE



Sportage SX shown△

2013 SPORTAGE

hwy / city 100km^ 6.5L/9.7L

WAS ~~$148~~

THROWBACK PRICING

$108≠ BI-WEEKLY for the first **15 MONTHS.**

6-SPEED AUTOMATIC

0%≠ financing

Includes Variable Throwback Pricing Incentive. $108 bi-weekly payments include $1,280 Throwback Pricing incentive. Payments are based on 2013 Sportage LX AT FWD (SP752D). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to $148. Principal balance of $7,679 due after 60 months. Throwback Pricing incentive may be taken as a lump sum or to reduce financed amount.≠

reddot design award winner 2013

7 PASSENGER SEATING AVAILABLE



Rondo EX Luxury shown△

THE ALL-NEW 2014 RONDO

hwy / city 100km^ 6.2L/9.4L

WAS ~~$128~~

THROWBACK PRICING

$88≠ BI-WEEKLY for the first **15 MONTHS.**

0%≠ financing

Includes Variable Throwback Pricing Incentive. $88 bi-weekly payments include $1,280 Throwback Pricing incentive. Payments are based on 2014 Rondo LX MT (RN551E), financing for 84 months. Offer includes $750 loan credit‡. After 15 months, bi-weekly payments increase to $128. Throwback Pricing incentive may be taken as a lump sum or to reduce financed amount.≠

OFFER ENDS JANUARY 31ST

5 YEAR/100,000 KM

WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty.

Proud Partner of madd Saving Lives, Supporting Victims

Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

FIND MORE GREAT OFFERS AT KIA.CA

KIA

The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by January 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. 0% financing for 84 months example: 2014 Rondo LX MT (RN551E) with a purchase price of $23,993 (including $1,665 freight/PDI and $399 administration fee) financed at 0% for 84-month period equals 32 reduced bi-weekly payments of $88 followed by 150 bi-weekly payments of $128. Cost of borrowing is $0 and total obligation is $23,993. Throwback Pricing incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2014 Rondo LX MT (RN551E) shown is $1,280 (a $40 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing Example: 2013 Sportage LX AT (SP752D)/2014 Sorento 2.4L LX AT FWD (SR75BE) with a purchase price of $26,878/$28,893 (including $1,650/$1,665 freight/PDI and $399 administration fee) financed at 0% for 60 months amortized over an 84-month period equals 32 reduced bi-weekly payments of $108/$124 followed by 98 bi-weekly payments of $148/$159 with a principal balance of $7,679/$8,255 plus applicable taxes due after 60 months. Cost of borrowing is $0 and total obligation is $26,878/$28,893. Throwback Pricing incentive vary by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2013 Sportage LX AT (SP752D)/2014 Sorento 2.4L LX AT FWD (SR75BE) shown is $1,280/$1,120 (a $40/$35 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes HST and other applicable taxes. See retailer for complete details. ‡Loan credit for 2014 Rondo LX MT (RN551E) is $750 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/ 2013 Sportage 2.0T SX Navigation (SP759D)/2014 Rondo EX Luxury (RN756E) is $34,195/$39,145/$32,195. ^ Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2013 Sportage 2.4L MPI 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

Mitch Kalil. Ottawa shooting suspect makes first court appearance

A man arrested in connection to an east Ottawa shooting last week appeared in court Friday morning.

Mitch Kalil, 31, is facing 16 charges, including attempted murder, aggravated assault, two counts of assault with a weapon causing bodily harm, discharging a firearm with intent and disguise with intent to commit an indictable offence.

Kalil will be represented by defence lawyer Michael Edelson, but Solomon Friedman appeared on Edelson's behalf Friday morning.

Police were searching for Kalil after a woman was shot in the 1000 block of Cummings Avenue on Jan. 5 at about 2:20 p.m. She went to the hospital with non-life threatening injuries. She has since been released and is in good health, according to police. Montreal's North Division Guns and Gangs unit arrested Kalil the evening of Jan. 8, after Ottawa police had released a photo of Kalil and warned the public that he could be armed and dangerous.



Mitch Kalil COURTESY OTTAWA POLICE

Sgt. Ken Bryden said police found Kalil's 2008 Range Rover used to flee the scene. It was also involved in a minor accident. LUCY SCHOLEY/METRO

Crime Stoppers

Police seek info on sexual assault

Ottawa police are looking for witnesses of another sexual assault incident dating back to Dec. 27.

A woman in her late 20s stepped into an unknown man's older green vehicle on McArthur Avenue and he drove her to an unknown location in the late afternoon or early evening, police say. The woman and man left the car and walked into a wooded area where the man allegedly sexually assaulted and choked her. He has been described as a 40-something white male with a white beard, long hair and English-speaking. The woman fled and another unknown man in a red van came to her help. He drove her to Blake Boulevard and Lafontaine Avenue. She suffered minor injuries.

Anyone with information can contact the Ottawa Police Sexual Assault/Child Abuse Unit at 613-236-1222, ext. 5944 or phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

LUCY SCHOLEY/METRO

Details missing in sexual assault case

'Significant'. Floor plans don't show washroom like the one described by complainant: Defence

LUCY SCHOLEY
lucy.scholey@metronews.ca



Clinton Russell is seen leaving the Ottawa Courthouse Oct. 2 during his first trial on charges that he sexually abused an Ottawa hospital patient. Russell is now being tried in a separate case with similar allegations from a different woman. MIKE CARROCCETTO/FOR METRO

The bathroom where Clinton Russell allegedly sexually assaulted an intellectually delayed patient at the Ottawa Civic Hospital does not exist, his defence lawyer argued Friday morning.

Ian Carter said there's no way Russell — a 44-year-old security guard at the hospital who was convicted in October in a similar sexual assault case — could have led the then-18-year-old woman with the mental capacity of a child into the washroom she previously described.

He pointed to the building's floor plans and argued the washroom does not exist and the only way to get into any other similarly described washrooms would be with a key or a code. But he said the witness did not provide such "significant details" in her testimony.

"It doesn't come close to matching what she describes," he said.

An Ottawa courtroom heard the final submissions on Russell's case Friday morning. He's accused of forcing a developmentally delayed woman into performing oral sex on him in a hospital washroom during the summer of 2010.

Crown lawyer Suzanne Schriek also noted the bathroom discrepancy in her submission.

"There is no exact place that corresponds to what (the alleged victim) describes," she said, but noted it could have been a detail the witness got wrong.

"It was bothering her. It was upsetting to her. She said she did try to forget it," said Schriek.

She said Clinton allegedly led the way to the washroom and so the witness may not have seen him use a key to get through a door.

Russell was convicted of a similar sexual assault in October. That juried trial concerned a 20-year-old disabled woman who said Russell forced her to perform oral sex on him in a hospital lounge Dec. 23, 2011.

Russell admitted to meeting both women, but has denied any sexual assault.

His next court appearance is due Jan. 22.

NOTICE OF PUBLIC CONSULTATION

OTTAWA

Do you want to work with government to develop policies and services that better reflect your needs? Is there government data that could help you improve your business, organization or community? Are you interested in taking greater ownership of government decisions?

The province has appointed the Open Government Engagement Team to gather feedback from Ontarians about how government can be more open, responsive and accessible.

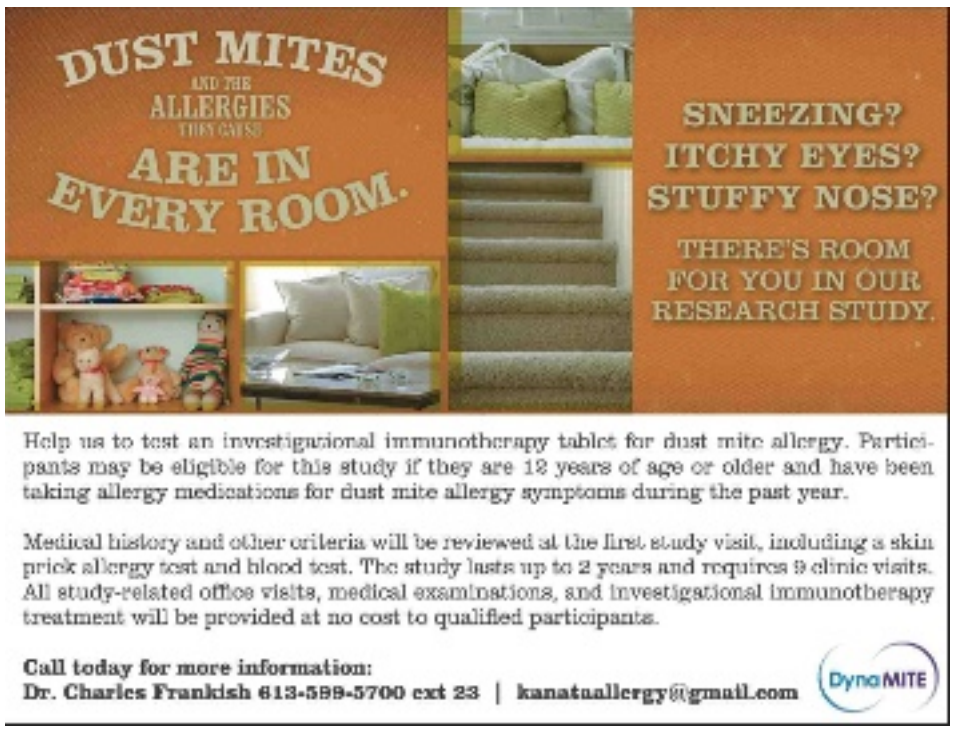
As a community member, you have an important voice. Please join us:

Date: Tuesday, January 14, 2014
Time: 1:00 p.m. – 4:00 p.m.
Location: University of Ottawa
Address: Social Sciences Building, Room 4007
120 University, Ottawa, ON

To register for the event or to submit comments, please e-mail **opengov@ontario.ca**. Please indicate if you require special accommodations.

Paid for by the Government of Ontario

Ontario



‘Creepy’ new app can ID you at the snap of a photo

NameTag. The app can spot and match a face in seconds



KATE WEBB
Metro in Vancouver

A new facial recognition app that allows anyone to instantly look up social media and dating profiles of someone whose photo they snap has been denounced by Canadian privacy watchdogs as “creepy” and “dangerous.”

Creators of the app, called NameTag, say it can spot a face using Google Glass’ camera or an Android phone, send it to a server, compare it to millions of online records and in seconds return a match complete with a name, additional photos and social media profiles.

The developer, FacialNetwork.com, says it is working on making the system compatible with dating sites such as PlentyOfFish.com, OkCupid.com and Match.com, and that it will also be able to identify people with a criminal history.

Google Glass does not currently support facial recognition apps because of privacy concerns, but the app’s developers are hoping to change that. In the meantime there will be several other ways to access it once it is released in the spring. Anyone with a photo of a stranger will be able to log in to the NameTag website or use a device that supports the app. They can upload the photo and discover the subject’s Facebook, Twitter, and LinkedIn accounts, as well as dating profiles.

The app’s creator, Kevin Alan Tussy, said in a statement that people who do not wish to be identified will be able to log onto the website and opt out of being searchable. **WITH FILES FROM TORSTAR NEWS SERVICE**

Facial recognition

The technology already used by some Canadian stores to stop known shoplifters from entering, and by governments, high-security buildings and banks to verify identities.

- Neither the app nor Google Glass are currently available in Canada.

Watchdog warning

Perfect for predators

Popular children’s entertainer and advocate Raffi Cavoukian, whose sister Ann Cavoukian is Ontario’s privacy commissioner, began tweeting about NameTag as soon as news of it reached him this week.

He is the founder of the B.C.-based Centre for Child Honouring, and co-founded the Red Hood Project, a movement for consumer protection for children, in the wake of the Amanda Todd tragedy. He has also written a book about Internet privacy called Lightweb, Darkweb: Three Reasons To Reform Social Media Before It Re-Forms Us.

He said NameTag’s promise to protect minors rings hollow. “It’s impossible, he said. “You can’t know how old someone is online in social media… Millions of parents, and this is well known, lie about their kids’ age, and put them on Facebook much younger than 13.”

His Red Hood Project co-founder, Vancouver-based activist Sandy Garossino, has been calling for years on the federal government to force social media companies to require age verification. Metro is awaiting answers from McGee about how NameTag can assure that minors will not be searchable in the absence of mandatory age verification by social media companies.

But even beyond concerns about children’s safety, Garossino said the app should raise major red flags for women everywhere. “Guys will use this to identify women that they want to find out more about and meet,” she said. “So it is clear this opens the doors wide to stalking… For girls and women this is actually a real and present danger.

“The public should be getting extremely angry about this, and women need to stand up and say ‘this is not on, our faces are not your property. Your right to invade my space stops at my face.’”

MARS ONE: SNAPSHOTS

Seventy-five Canadians are among the 1,058 finalists shortlisted for a one-way mission to the red planet with Mars One. Here’s a look at one of the candidates.

Blacksmith, father in the running

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn’t take a second look at Semenoff when he’s shopping at Co-op in Saskatoon’s Stonebridge neighbourhood or while he’s out for a bicycle ride. But there’s something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

Describing himself as not a “hugely public person,” Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission. “It’s a good learning lesson,” he said over a cup of coffee at his home.

An hour after breakfast, Semenoff travels from his condominium to what he calls his “second home” — Diekema Martial Arts in downtown Saskatoon.

Semenoff generally trains two to three hours per session, three times a week.

“It falls into the same category as family. How do you get up and leave them forever?” he asked, as sweat poured down his face.

“But with great accomplishment comes great responsibility and sacrifice ... I’ll focus on that when — and if — that time even comes.” **MORGAN MODJESKI/METRO IN SASKATOON**



Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project. MORGAN MODJESKI/METRO IN SASKATOON

Dreams do come true with this offer.
Book a Disney package today with WestJet Vacations.



Play, stay, dine and save up to $690*

When you book a 5 to 14 night vacation package at select *Walt Disney World* Resort hotels, that includes *Magic Your Way* Tickets and a Disney dining plan.^

Book by February 22, 2014 for travel between January 5 – April 12, 2014.

To book your vacation package visit **westjetvacations.com** or call your travel agent.

Walt Disney World Resort IN FLORIDA
WESTJET vacations

Book by February 22, 2014 (11:59 p.m. MT) for travel from January 5, 2014 until April 12, 2014. *Advertised savings amount is calculated based on a 7-night package with a deluxe hotel, dining and Theme Park Tickets for a family of 2 adults and 2 kids. Savings will vary based on travel date, hotel category and length of stay. Requires a minimum 5-nights and maximum of 14-nights stay at select *Walt Disney World* Resorts. Within the “Hotels” booking step the “Promotion Dining Plan included” room type must be chosen along with *Magic Your Way* Tickets for all guests. You are required to select the FREE Dining option within the “Meal Plan” selection. ^Guests may upgrade from a *Disney Quick- Service Dining* Plan to a *Disney Dining* Plan or the *Disney Deluxe Dining* Plan for an additional charge. Dining plan excludes gratuities and alcoholic beverages. Children ages 3–9 must order from children’s menu if available. Meals for guests ages 3-9 may not be used by persons ages 10 and up. Some Table-Service restaurants may have limited or no availability at time of package purchase. Guests can call 407-WDW-DINE to make reservations up to 180 days prior to their visit. The duration of the plan must coincide with the number of nights of the room reservation. Additional per adult charges apply if more than two adults per room. *Disney’s Magical Express* transfers are included from the Orlando International Airport to the *Walt Disney World* Resort. Advance booking required. Non-refundable and non-transferable. This offer may not be combined with other discounts or promotions. Offer limited and subject to availability. Offer subject to change and expiry without notice. New bookings only. Other restrictions may apply. A fuel surcharge applies to Air Miles™ redemption bookings. As to Disney artwork, logos and properties: ©Disney. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto ON L5P 1A2. TICO registration number: 50018683.**



Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. THE ASSOCIATED PRESS



If you are, an opportunity is now available to be part of a clinical research study.

Allergic rhinitis is a common reaction to allergens like dust mites. It can cause a number of annoying symptoms like itchy or runny nose, sneezing, irritated eyes, ears and sinuses. If you are one of the many people who live with allergic rhinitis, you may be eligible to participate in a clinical study of a new investigational therapy.

To be eligible for this study, a participant must:

- Be between the ages of 18 and 55
- Be generally healthy
- Have a history of persistent or intermittent allergic rhinitis and a positive allergy test to dust mites or other defined allergens

Women who are capable of becoming pregnant are not eligible for this study. People who smoke will also be excluded.

Qualified participants will receive study drug or placebo (an inactive substance) and study-related care at no cost. You will also be compensated for your travel expenses.

If you or someone you know has allergic rhinitis and would like more information about this study contact: Ottawa Allergy Research, Ottawa ON – 613-725-2102 Ext 248

The Vatican

Que. archbishop named cardinal

Quebec Archbishop Gerald Cyprien Lacroix was among a new batch of cardinals selected by Pope Francis on Sunday.

A total of 19 men were named to the senior ecclesiastical post in an announcement at the Vatican.

"I'm touched by the confidence shown by Pope Francis," Lacroix told reporters following Sunday mass in Quebec City.

THE CANADIAN PRESS

Vancouver

CN: Heavy rainfall caused derailment

A CN Rail spokeswoman has confirmed heavy rainfall led to a train derailment in the Vancouver area Saturday.

Emily Hamer says the increased amount of rain caused a beaver dam to wash out, spilling large amounts of water onto the tracks and causing a train in Burnaby to jump the tracks.

She says seven cars went off the rails — three of them were lying on their sides while four remained upright. THE CANADIAN PRESS

Bored Nation. Petition to make Ford an honorary American met with yawns

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the Unites States of America."

Four people had signed it by Sunday afternoon.

The petition had been on the website since Jan. 3, and even though it had received a bit of media attention, that didn't exactly appear to have spurred a great public stampede toward the cause.

The tongue-in-cheek petition says: "(Ford) has at once demonstrated an exceptional proclivity to act for the greater good and been the subject of horrifying political attacks. The evidence demonstrates the attacks are motivated by Mayor Ford's unwavering adherence to good governance over the interests of his political opponents."

It goes on to say, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

Ford has become a bit of a celebrity in the U.S. amid his scandals, and is now a staple in the material of late-night comedians. A media-monitoring firm has also declared that, so far, no other news story from Canada has gotten this much attention in the U.S. in this young century.

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

The White House instituted that requirement after its site had been hit with other spoof petitions — including one demanding that America build a "$850,000,000,000,000,000, Star Wars-style Death Star."

The White House had to answer to that one — politely, and jokingly, informing people that a Death Star would cost more than that projected amount and was not fiscally feasible in a time of budget constraints.

THE CANADIAN PRESS

Put eggs in more than one basket



HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

Rocker compares oilsands to Hiroshima

Canadian rock icon Neil Young launched a blistering attack on the Harper government and Alberta's oilsands at a news conference on Sunday, saying that he was "shattered" after visiting a Fort McMurray industrial site he compared to the atomic bomb-devastated wreckage of Hiroshima, Japan.

Joined on the Massey Hall stage by representatives from the Athabasca Chipewyan First Nation, Young was especially scathing in his criticism of Prime Minister Stephen Harper's "hypocritical" administration, which Young said was ignoring science to irresponsibly drive corporate profits.

Young was speaking hours before he was set to take the same stage for a concert, the proceeds of which were to be directed to the Athabasca Chipewyan First Nation Legal Fund. The Athabasca Chipewyan First Nation represents a community living roughly 200 kilometres downstream of current oilsands development. The group is embroiled in a legal battle to protect their traditional territory from further industrialization.

THE CANADIAN PRESS



Singer Neil Young speaks at a press conference Sunday. THE CANADIAN PRESS





SIDEWALK SHUFFLE'S GETTING OLD



URBAN COMPASS

Steve Collins
ottawa@metronews.ca

One of the things I miss most in winter is the pleasure of simply taking a step and having at least some idea of how it'll turn out.

Instead of a confident stride, weight fully committed and reliable ground underfoot, we've been navigating Ottawa's 2,000 kilometres of sidewalks one tentative, shuffling little step at a time, maybe clutching the occasional street sign to remain vertical.

Freezing rain, yo-yo-ing temperatures and snow-clogged grates last week conspired to give us what city staff characterized as the worst conditions since the 1998 ice storm. We bruised our dignity, our tailbones and no doubt the city's legal budget for slip-and-fall injury settlements.

At times like this, staying upright means keeping a wary eye out. Out of necessity, we pay more attention to the often-ignored little strips at the side of the streets that are parcelled out for the use of humans instead of vehicles.

They're more noticeable when they aren't working. A man whose motorized wheelchair got stranded amid the thick ice and slush on Metcalfe Street on Friday evening had to rely on a couple of passing Samaritans to figure out the complexities of his wheel brakes and then manually pull him backward to less-treacherous terrain.

One slip-sliding day on Montreal Road, as I trudged single file with other pedestrians along the narrow passable territory in the centre of the sidewalk, one of us joked that we needed a passing lane.

That drew my eye to the road, with its four lanes for traffic, which were well-plowed and salted because that's where our priorities lie. The car is still king, and those 2,000 km of sidewalk seem an afterthought to our 6,000 km of street.

The city talks a great deal about promoting "active transport" — of coaxing us out of our cars to walk and bike, but it's not an easy sell this time of year.

Even in good weather it's not hard to spot deficiencies — downtown sidewalks in poor repair or just lacking adequate space for all the people trying to use them. Take the intersection of Metcalfe and Slater. It's the city's busiest pedestrian intersection, with some 3,000 people crossing its multiple lanes of traffic every rush hour and then jostling for real estate on the curbs.

As a staff report notes, "The sidewalk in this section of Metcalfe is so busy during rush hour that even a casual observer would say it functions at an undesirable level of service."

It's good to know that somebody at city hall is casually observing these things. Widening sidewalks in the area is somewhere on the city's lengthy to-do list, among other attempts to reclaim a bit of space for the bipeds.

Busy new Confederation Line stations are going to put even more demand on downtown sidewalks, and the city's Downtown Moves plan puts an encouraging emphasis on widening some, adding more trees and street furniture and generally making them pleasant places to hang around, rather than utilitarian paths for passing through.

On some days, though, they'll just be more inviting, attractive places to slip on the ice.

ZOOM

Go Canada Go!



JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. METRO

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team.

METRO



Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.

JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait



LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.



GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Stars gather for one last big show before Oscar time

Golden Globes. J-Law, Bryan Cranston some of the night's early winners



NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday evening for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just four days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race, as no clear front-runner has taken hold.

Jennifer Lawrence was the first winner of the night, taking home best supporting actor in a motion picture for David O. Russell's American Hustle, which has been surging in popularity just in time for the height of awards season. In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September. Mad Men star Elisabeth Moss earned a trophy for her work in the miniseries Top of the Lake, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston. Meanwhile, Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge, provided a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."



Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES



Amy Poehler and Tina Fey returned for a second year of hosting duties.
GETTY IMAGES

The Best of Tina and Amy:

Here are some of their best quips:

- "This is Hollywood, and if something kind of works they'll just keep doing it until everybody hates it." — Tina on their return to hosting
- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."



Amber Heard owns the red carpet in this navy take on the high-slit Angelina dress that launched a meme.



Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online

For more red-carpet looks and complete Golden Globes results, visit metronews.ca.



Michael J.Fox.

Max out your TFSA contribution, not your credit card.

ING DIRECT
forward banking™

ingdirect.ca

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada.

Ebooks



Device 6

By. Jonas Tarestad & Simon Flesser

iPad/iPhone



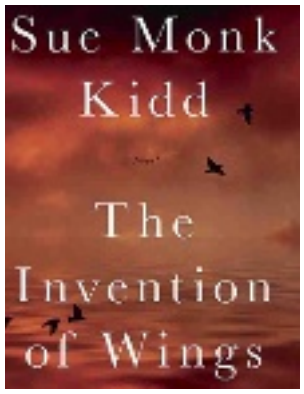
MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

Revisiting racism and flying high

Q&A. The Invention of Wings author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY LAURENCE
Metro World News



It hasn't been out long at all and already Sue Monk Kidd's new book, The Invention of Wings, has landed itself on every "best" list (including ours) and been lauded by Oprah. The Secret Life of Bees author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, The Invention of Wings captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What was it like discovering their stories and the fact that they've been overlooked historically?
It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

When you were doing your research, did you come across any other women whose stories you were tempted to tell?
I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.


Sue Monk Kidd is famous for penning The Secret Life of Bees. ROLAND SCARPA

What made you write about Sarah as opposed to Angelina?
I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman — black or white.
Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?
Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.



You could WIN a screening pass to see

I, FRANKENSTEIN
In theatres January 24

Visit clubmetro.com to enter

VISIT clubmetro.com TO ENTER

eone entertainmentone

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians



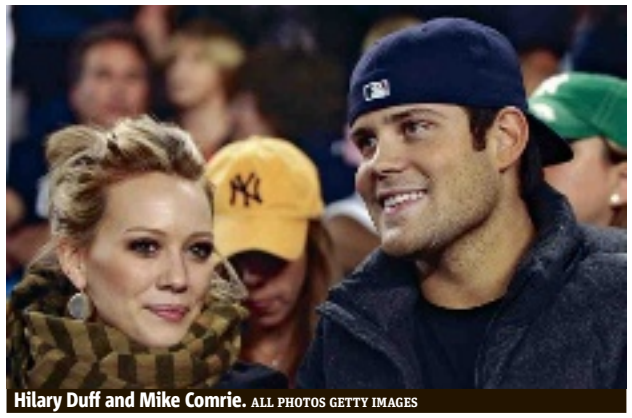
STARGAZING
Malene Arpe
scene@metronews.ca



Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.



Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

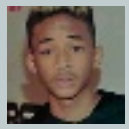


Amanda Bynes

Twitter



@ABFalecbaldwin
Abuse of political power is unforgivable.



@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway



@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

SEE NOW, PAY IN 2015†

$0 $0 0%

payments down interest



LASIK MD VISION

Starting at $490 per eye*
Book a free consultation at
1-877-769-3030 or lasikmd.com

Official Laser Vision Correction Provider of the Ottawa Senators®

Offer ends soon!

†Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2014. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply. ® Registerd trade-mark of Capital Sports & Entertainment Inc. ® OTTAWA SENATORS is a registered trade-mark of Capital Sports & Entertainment Inc.

Push them out of the plane and stand back

Exclusively online

Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent. We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent



IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com



Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

Resourceful animals still need winter help

The blast of polar air breaking records all over North America sent shelters and pet owners scrambling to keep sensitive paws and noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death. In dogs and cats, shivering and lethargy are two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical Association.

If you need to warm a shivering animal, a quick and easy way is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them down too long."

Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though. The vets warned drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.



Putting a coat on your dog isn't just a fashion statement. MARK LENNIHAN/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

More than just a pretty face: Spinach salad with squash, almonds and more



This recipe serves six and contains 320 calories per serving. ROSE REISMAN



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

FLASH FOOD



From your fridge to your table in 30 minutes or less

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper



Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)



HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISING THE ROOF.ORG TO HELP. RAISING THE ROOF

LOOK WHAT JANUARY HAS TO OFFER AT 240 SPARKS SHOPPING CENTRE!

WINTER SIDEWALK SALE.
JANUARY 8TH TO 18TH.

Explore the specials and savings throughout the mall!

240 Sparks has over 20 shops, services and restaurants to choose from, all in one convenient downtown location!

Shopping
Holt Renfrew • Bentons Elisa G • Za Za Jewelry and Accessories • Rexall

Restaurants
The 3 Brewers • Marcello's Market & Deli • Jimmy the Greek • Timothy's • LUNCH Subway • Asian Gourmet Teriyaki Experience • Tutto Pasta • Manhattan's Hand Made Burgers

Services
Shear Heaven Hair Design Merhi Quality Shoe Repair Hillary's Cleaners Appletree Medical Centre Sparks Dental Clinic Alterna ATM • Frisco ATM Ultimate Currency Exchange

240 SPARKS

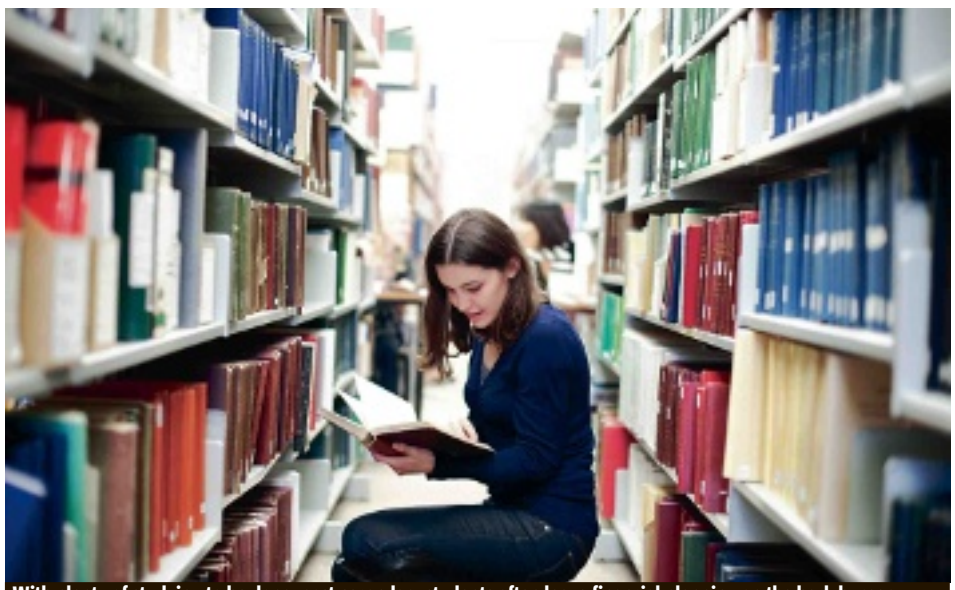
Free underground parking weekdays after 5:00 pm and all-day on weekends.

WWW.240SPARKS.COM

Need a lesson on leaving that lump alone? You've got Gail!

All hail Gail.
Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.



With plenty of studying to be done, post-secondary students often leave financial planning on the back burner. Preparing a game plan before hitting the books is key to graduating without a grievous student debt load. ISTOCK

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

• A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).

• A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).

• A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.



If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

EXCERPT FROM SAVING FOR SCHOOL BY GAIL VAZ-OXLADE. © 2013 BY GAIL VAZ-OXLADE. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.



BECOME A RESPECTED
BUSINESS PROFESSIONAL

WILLIS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

EXECUTIVE BUSINESS ADMINISTRATION DIPLOMA WITH CO-OP (48 WEEKS)
Today's dynamic global economy offers a wide range of exciting career opportunities in every aspect of business. Training for a career in business can mean more employment opportunities, a higher standard of living, and the freedom to use these skills in any region of Canada.

JOB OPPORTUNITIES IN:
Human Resources & Recruitment Officer
Administrative Assistant • Bookkeeper
Administrative Officer • Executive Assistant
Purchasing Agent • Accounting Clerk • and many more

for details, email: inquiries@ottawa.williscollege.com
613.233.1128 • WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR

They work hard for their money

The business of feeling beat. If your nine-to-five leaves you frequently frazzled, you may find your title on the list of the most stressful jobs of 2014

JULIA FURLAN
Metro World News

Living a stress-free life seems like the kind of thing only a self-help book or a spam email could promise — along with a diet whereby you can lose 10 pounds in a week or find "the one." In their annual survey of the most and least stressful jobs, CareerCast.com has a ranking of gigs that promise a lifestyle that won't wear thin employees' patience.

The rankings are based on surveys and numbers from the U.S. Bureau of Labor Statistics and census data, as opposed to polling of those in the jobs mentioned, and they reveal that things like frequent travel, deadlines, public scrutiny and physical danger cause stress to shoot way up.

It makes sense, then, that soldiers and firemen would have some of the most stressful jobs out there.

Conversely, roles with low levels of stress, such as an audiologist or a librarian, can offer professionals both growth potential and stability, while making for peaceful times at work.

How does your job compare to these shown in the following charts?



Firefighters face the heat both physically and emotionally on a daily basis. ISTOCK

The most stressful jobs of 2014

- 1) Enlisted Military Personnel: $28,840
- 2) Military General $196,300
- 3) Firefighter $45,250
- 4) Airline Pilot $114,200
- 5) Event Coordinator $45,810
- 6) Public Relations Executive $54,170
- 7) Corporate Exec (Senior) $168,140
- 8) Newspaper Reporter $35,870
- 9) Police Officer $55,270
- 10) Taxi Driver $22,820

The least stressful jobs of 2014

- 1) Audiologist $69,720
- 2) Hair Stylist $22,700
- 3) Jeweller $35,350
- 4) University Professor (tenured) $64,290
- 5) Seamstress/Tailor $26,280
- 6) Dietitian $55,240
- 7) Medical Records Tech $34,160
- 8) Librarian $55,370
- 9) Multimedia Artist $61,370
- 10) Drill Press Operator $35,580



WE ARE HIRING
AVG $1,000+/WEEK
Apply Today And Start Immediately
Guaranteed Full Time
Entry Level Sales
Full Training Provided
CALL (613) 686-3115
To Schedule Your Interview

Looking for work?
IMMEDIATE START
Multiple Openings
$800-$1000 / avg weekly
NO EXPERIENCE NEEDED
Training fully provided
Call 613-710-2221

ALLIANCE FRANÇAISE D'OTTAWA
"IT BEGINS WITH BONJOUR"
SESSIONS START: JAN. 20
FRENCH CLASSES
PART-TIME
INTENSIVE
PRIVATE
SLE PREPARATION B & C
WORKSHOPS
IMMIGRATION TESTS, DIPLOMAS...
REGISTER TODAY:
613.234.9470 #221 • info@af.ca • www.af.ca/ottawa
af Alliance Française Ottawa

YOUR SUCCESS STARTS RIGHT NOW!
By making the decision to call Algonquin Careers Academy, you're saying goodbye to "job hunting" and hello to an exciting new career.
CONSIDER A CAREER IN HEALTHCARE:
MEDICAL OFFICE ASSISTANT DIPLOMA
MEDICAL LAB ASSISTANT DIPLOMA
PERSONAL SUPPORT WORKER DIPLOMA
PHARMACY TECHNICIAN DIPLOMA
PHARMACY ASSISTANT DIPLOMA
Contact us today
613-722-7811
ALGONQUIN CAREERS ACADEMY
www.algonquinacademy.com
1830 Bank St, at Walkley station

Is the five still alive?

Ask a professor. The five-paragraph essay was your intro into the analytical world, now let's go deeper

LEE SKALLERUP BESSETTE
Metro World News



Exhausting but enlightening: In a college or university essay, you have to answer more than the simple facts, dig into deeper historical questions and back up your points with solid research. ISTOCK

I am here today to liberate you. From what? From the tyranny of the five-paragraph essay that reigns over most high school careers. Sometimes it's called the 3.8-paragraph essay, but whatever the formulaic essay format that became the default for any "formal" writing you did for school, it's over. Now that you are in college, five paragraphs are no longer necessary, or even practical, for the kinds of writing you will need to do.

This isn't to say that organization and structure, thesis statements and conclusions, evidence and research are no longer relevant.

But it means that post-secondary writing gives you the opportunity to go further and deeper into a subject than was ever allowed in the rigid confines of five-paragraphs.

At the end of the day, what professors are looking for throughout your post-secondary education is to see students begin to think deeply and differently about a given subject or topic, to start asking hard questions and begin to try and answer them.

In high school, you were often called upon to give reports: book reports, lab reports, history reports and so forth. You did some research (also known as Google), and then dutifully copied these pieces of information and facts into a document or a PowerPoint to be repeated back to the teacher and the class. In college, that is only the beginning.

Asking questions, making connections, digging deeper: all things that take far more than five paragraphs to accomplish.

'Round the world wisdom

Build momentum when gravity is on your side

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca



Take advantage of the times that the road of life offers you an easy street. ISTOCK

Desert running, like most of life's projects, is rarely level. The vast majority of the Gobi race was run either up or downhill. Little of the course was flat: the starting elevation was 5,000 feet, the peak was 10,000 and the finish back down at 4,200 feet.

While most serious gains on competitors were earned while running uphill, where the speed of a strong climber is a significant advantage, I found that the downhill was the most unused opportunity.

Whenever gravity was on my side, I chose to push harder and go as fast as I could. Almost every time, I separated from my competitors and advanced far more than when running uphill.

Typically when we take on a difficult project, like running a desert, we experience arduous uphill battles, simple flat sections, and other moments that appear effortless like a downhill. When stages seem effortless, most of us tend to become complacent instead of making bigger gains and leaping ahead. In fact, we slow ourselves down. This comes at a huge cost to which we are blind, as employing more speed downhill not only helps us make fast progress, it also gives us momentum on the flat section that follows. And it can even power us over the next challenge.

Turn that effortless moment into momentum, or what I call "free" speed.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Interested in Apprenticeship?

Our state of the art facilities include a computer lab, high-tech glazing equipment, swingstage and much more!

Call us today to find out how you can start your pre-apprenticeship in the Architectural Glass and Metal Technician trade.

Registration is limited so apply early!

ontario industrial & finishing
SKILLS CENTRE

Are you looking for an exciting, long-term and profitable career in a skilled trade?

The OIFSC is seeking interested participants in the Ottawa area to enter a 33-week Architectural Glass & Metal Technician Pre-Apprenticeship training program. The program includes complete Health & Safety training, Basic Level Apprenticeship training and a paid 8-week work placement. *There is no cost to participate in this program.*

If you are interested in applying for the program or would like more information, please contact Daniel Dufault at the Ontario Industrial & Finishing Skills Centre by telephone at 613-228-5222.





This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

CAREER TRAINING
Pursue Career Training as a Personal Support Worker

Graduate in 7 months and pursue a career at:
- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences



www.EverestCanHelp.ca

Call Now for More Information!
1-866-643-6377

OTTAWA EAST
OTTAWA WEST

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

14 CONVENIENT LOCATIONS IN ONTARIO

Programs and schedules vary by campus • Morning and afternoon classes available
Career services assistance available to graduates • Accredited Member, ACICS
Financial assistance may be available for those who qualify

NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of a playoff spot.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets. THE CANADIAN PRESS

NHL

Sabres top Caps in a shootout

Cody Hodgson decided a lacklustre game with the only goal in the shootout, and the Buffalo Sabres avoided matching the longest road losing streak in franchise history with a 2-1 win over the Washington Capitals on Sunday.

Tyler Ennis scored in the first period, and Ryan Miller made 28 saves for the Sabres. THE ASSOCIATED PRESS

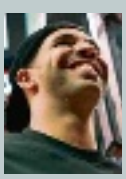
Soccer

Madrid wins without a goal from Ronaldo

With Cristiano Ronaldo missing his scoring touch, Real Madrid needed defender Pepe to score in the second half to secure a 1-0 victory at Espanyol on Sunday to pull within three points of the Spanish league co-leaders.

Ronaldo uncharacteristically wasted two clear scoring chances, while goalkeeper Kiko Casilla denied him on another three occasions. THE ASSOCIATED PRESS

The Drake equation



"We built up a personal relationship. I'm excited to see him begin his career here. I think that everybody's excited."

Hip-hop star Drake, who is downplaying his role in helping bring England soccer star Jermain Defoe to Toronto FC. In his role as MLSE's global ambassador, the 27-year-old Torontonian spoke to Defoe several times by phone during negotiations. MLSE president and CEO Tim Leiweke has said the calls made a difference.



The Broncos' Eric Decker returns a punt past Chargers punter Mike Scifres on Sunday in Denver. DOUG PENSINGER/GETTY IMAGES

Manning, Broncos bolt past Chargers

NFL. Veteran QB snaps playoff losing streak to advance and play Brady and the Pats

On Sunday

Broncos	Chargers
24	17

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for 3 1/2 quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

Manning, in the playoffs for a record 13th season as a quarterback, ended a personal three-game post-season skid in winning for the first time since leading Indianapolis over the Jets 30-17 in the AFC championship game on Jan. 24, 2010.

Manning completed 25 of 36 passes for 230 yards and two TDs, numbers that weren't quite up to the standards he set during a record-breaking regular season when he established new benchmarks with 55 TD throws and 5,447 yards through the air. THE ASSOCIATED PRESS

NFL. 49ers book return trip to NFC title game



Vernon Davis of the 49ers catches a touchdown against the Panthers on Sunday in Charlotte. GRANT HALVERSON/GETTY IMAGES

Colin Kaepernick and the San Francisco 49ers are headed to the NFC championship game once again — to face a familiar opponent in a place where they've struggled.

Kaepernick threw one touchdown pass and ran for another score as the 49ers shut down Cam Newton and defeated the Carolina Panthers 23-10 on Sunday to advance to the NFC title game for the third straight season.

Kaepernick completed 15 of 28 passes for 196 yards, avenging his worst statistical performance of the season two months ago against the Panthers.

The 49ers will visit Seattle next Sunday looking for a return trip to the Super Bowl.

San Francisco split two games with the Seahawks this season. The 49ers lost 29-3 at Seattle in September and were beaten 42-13 at CenturyLink Field in December 2012. THE ASSOCIATED PRESS

4 SPORTS



Canada's Marie-Michele Gagnon celebrates on the podium after winning a women's alpine skiing World Cup super-combined event, in Altenmarkt Zauchensee, Austria, on Sunday. ENRICO SCHIAVI/THE ASSOCIATED PRESS

Winner! Gagnon! Quebec skier hits World Cup jackpot

Alpine skiing. Victory ends 30-year drought for Canadian women in combined events

Marie-Michele Gagnon ended a 30-year drought for Canadian women in World Cup combined events by earning her maiden victory on Sunday.

Gagnon was 1.37 seconds off the lead in 16th after the super-G portion but went ahead of the field after posting the second fastest time in the slalom run.

"It's really exciting, a magical moment," said Gagnon, who wasn't even born when Gerry Sorensen won a combined event in Puy Saint Vincent, France, on Jan. 8, 1984 for the last triumph by a Canadian woman.

"My teammate Erin Mielzynski won two years ago in Ofterschwang. She was the first Canadian woman to win in slalom in like 40 years. That was unbelievable and I didn't expect our team to make history again."

Gagnon finished in an overall two minutes, 5.55 seconds to beat second-place Michaela Kirchgasser of Austria by 0.32. Maria Hoefl-Riesch of Germany trailed Gagnon by 0.39 in third.

Nicole Hosp of Austria, who led the competition after the super-G, finished fourth.

"It's amazing. I was quite surprised," said Gagnon, whose only previous podium came in a slalom in Åre, Sweden, in 2012. "I didn't expect that after the first run. I knew I had to do a really good slalom run to be on the podium. I just tried to do my best and it looks like the pieces of the puzzle have come together."

The super-combined format was introduced at the start of the 2005-06 season to replace the classic combined races, which consisted of one speed run followed by two slalom legs. THE ASSOCIATED PRESS

We've got Games

Team Canada is ready to make some noise at the Sochi Games and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.

Skiing

Riddle solves halfpipe for silver

Edmonton's Mike Riddle took second place in ski halfpipe Sunday at the U.S. Grand Prix.

Riddle scored 85.2 points, 3.8 points behind American David Wise who finished first on a snowy day that made the halfpipe a little slower than usual.

Justin Dorey of Calgary was sixth with 76.4 points while Vancouver's Simon d'Artois placed seventh with 74.4. THE ASSOCIATED PRESS

Figure skating

Abbott completes American 4-peat

Jeremy Abbott won his fourth U.S. figure skating title and all but locked up his second Olympic berth.

Teenager Jason Brown was second Sunday. The Americans will send two men to the Sochi Games, and while U.S. Figure Skating officials will look at past performances in picking the team, they are unlikely to deviate from the standings.

Defending champion Max Aaron was third.
THE ASSOCIATED PRESS

Snowboard cross.

Maltais races to fourth straight podium finish

Canada's Dominique Maltais is now 4-for-4 in World Cup podium finishes this season after a silver-medal performance in snowboard cross on Sunday.

Eva Samková of the Czech Republic won the six-woman Big Final for the gold medal, edging Maltais in second, and Lindsey Jacobellis of the United States, in third. Maltais leads the overall World Cup standings with 3,400 points.

"I'm really happy with second place and I'm happy for Eva too because I think she deserved that win," Maltais said. "She was riding really strong."

Maltais led most of the way until she was passed by the Samková near the bottom of the course.

"I made a major error," said Maltais. "The course was pretty chewed up after being perfect all weekend and I lost some control. Still you have to give Eva credit. We were side-by-side the whole way and without my error it would have been very close at the finish."

It was Maltais' 35th career World Cup medal and her fourth this season. She won Saturday's race, on the same course as Sunday's, and was second at two World Cup stops before Christmas.



Dominique Maltais GETTY IMAGES FILE

Olympic champion Maëlle Ricker of Squamish, B.C., finished sixth.

The Canadian men had their best day overall this season with Kevin Hill of Vernon, B.C., a bronze medallist at the season opener last month, reaching the Big Final and placing sixth. Christopher Robanske of Calgary won the small final for seventh overall to equal his best result this season while Robert Fagan of Squamish was 12th.
THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	45	20	15	10	118	126	50
Ottawa	46	20	18	8	131	146	48
Toronto	46	21	20	5	125	141	47
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
Philadelphia	45	23	18	4	120	125	50
NY Rangers	46	23	20	3	114	123	49
Carolina	45	19	17	9	111	128	47
New Jersey	46	19	18	9	106	114	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	47	29	8	10	170	129	68
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	47	24	18	5	114	119	53
Dallas	45	20	18	7	127	139	47
Nashville	46	19	20	7	109	137	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	47	34	8	5	160	119	73
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	47	15	27	5	123	164	35

Note: Two points for a win, one point for overtime loss.

Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
New Jersey at Toronto
Edmonton at Chicago
Philadelphia at NY Rangers
Minnesota at Nashville
Detroit at Anaheim
Saturday's results
Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0
Friday's results
NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS
Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 19
New England vs. Denver
San Francisco at Seattle

SUPER BOWL
Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Portland	28	9	.757	1/2
Oklahoma City	28	9	.757	1/2
d-L.A. Clippers	26	13	.667	3½
Golden State	25	14	.641	4½
Houston	24	14	.632	5
Phoenix	21	15	.583	7
Dallas	22	16	.579	7
Denver	19	17	.528	9
Minnesota	18	18	.500	10
Memphis	17	19	.472	11
New Orleans	15	21	.417	13
L.A. Lakers	14	23	.378	14½
Sacramento	13	22	.371	14½
Utah	12	26	.316	17

d - division leaders
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
Minnesota at San Antonio
Saturday, January 11
Houston 114 Washington 107
Toronto 96 Brooklyn 80
Detroit 110 Phoenix 108
New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85
Chicago 103 Charlotte 97
Dallas 110 New Orleans 107
Denver 120 Orlando 94
Portland 112 Boston 104
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Denver at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

♉ Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

♊ Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

♋ Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

♌ Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

♍ Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

♎ Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

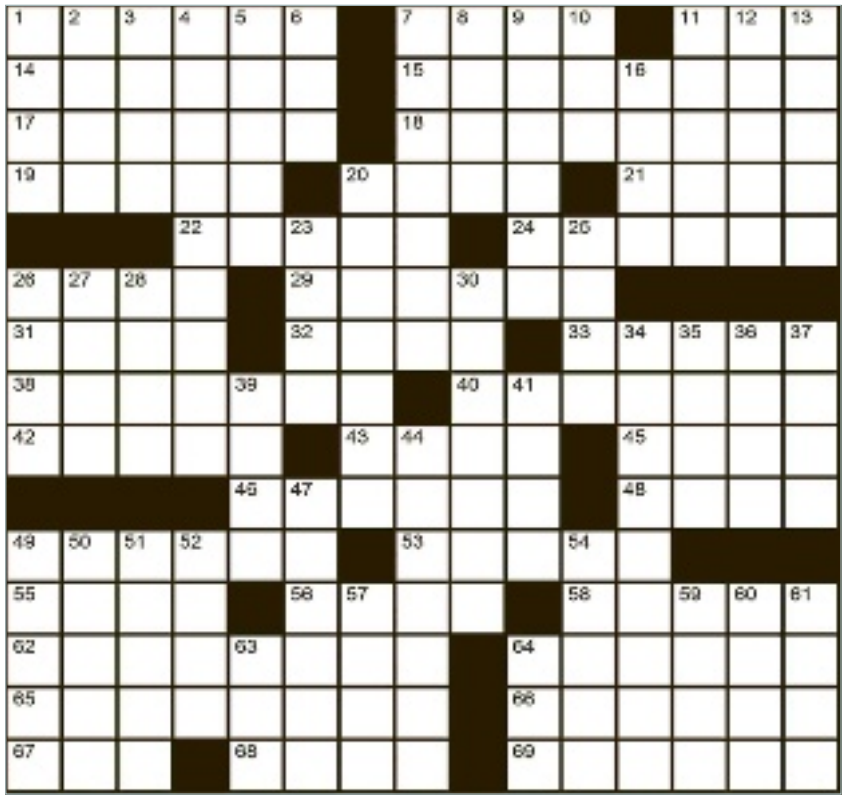
♒ Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

♓ Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

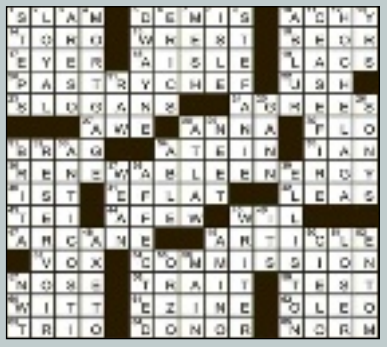
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ _. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name
68. Diner side order
69. Region of France

Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					1	7		
			4	5		3		
9	5	2				1		
8			7		2		1	
	4						7	
	3		9		6			4
		4				2	8	5
		6		7	4			
		8	3					

Friday's Sudoku

4	6	8	2	3	9	7	8	1
1	9	3	4	7	8	8	5	2
7	6	2	6	8	1	9	3	4
6	4	1	8	2	3	5	7	8
3	2	7	1	5	8	6	4	9
5	8	9	7	6	4	2	1	3
2	3	5	8	4	7	1	9	6
8	1	6	3	9	5	4	2	7
9	7	4	6	1	2	3	8	5



visit metronews.ca
metro



new eyewear looks for a new year

choose from these spectacular featured brands

$48 | LTEDE™ & KAM DHILLON™

complete pairs of glasses including 1.59 index lenses



ClearlyContacts.ca™

THE BETTER WAY TO BUY EYEWEAR

ONLINE
clearlycontacts.ca/metro

CALL
1-866-414-2326

IN STORE
Toronto & Vancouver